

4TC Groups and Activities

2017

Organisation/User Group	No. of Members or Users	Age Range	Frequency of bookings	Activity Type
Rhyl Mens Shed	60+ members 40+ regular users 20+ each session	18 – 84	2 x pw Monday & Tuesday	Range of social, informal education, leisure, art, woodwork, craft, and horticulture activities for men experiencing loneliness and social isolation. (Supported by coptions).
Rhyl Womens Shed	30+ members 20+ regular users 15+ each session	18 – 84	1 x pw Wednesday	Range of social, informal education, leisure, art, woodwork, craft, and horticulture activities for women.
Parent & Toddler Group	30+ Members 12+ most sessions	0 – 3 children and parents	2 x pw Thursday & Friday	Play, arts and crafts, singing, messy play, outdoor plant and food growing, trips, food and refreshments. Parents mutual support network.
Street Games	70+ members 20+ users weekly	7 – 16 (younger children can stay and play if parents attend and monitor)	1 x pw	Sports, games, leisure and social education enhancing children's health and ensuring use of green space in West Rhyl for children's play. (Supported by DCC and NDCF).
Youth Justice and Fun Group	12	11-18	1 x fortnight	Social education, social, leisure, trips, fund raising for anti poverty work.
Digital Rhyl				Reuse, refurbishment and recycling of used computers. Installation of free internet Wifi in community areas, eg

				open space or indoor facilities, increasing digital inclusion (Supported by WiFi connections).
Guitar Group	10	18+	1 x pw	Informal guitar tuition, with a guitar library.
Music Outreach	40+	50+	3 x pa	Visits to elders housing facilities to perform live music.
Arts and Crafts Group	8	Any age	1 x pw	Hands on practical tuition in varied arts and crafts.
Arts and Crafts Outreach	20+	Varied	12 x pa	Outreach work with very vulnerable community members, eg young and homeless at Rhyl Night Shelter, and Rhyl Womens Centre
Yoga Group	20+	16+	2 x pw	Yoga for beginners and practitioners enhancing mind and body health
Community Development Cymru (Worker 3 days pw, based in 4tc offices)				Homelessness inter agency project enhancing co-ordination of services to homeless people; arts group for people who are homeless.
Meditation Group	12	18+	1 x pw	Mindfulness meditation sessions for beginners and practitioners
St Mary's Church Homelessness support	8	Open	24/7	Point of contact for people: a) who need furniture b) in financial hardship c) needing legal assistance d) referral agency for C1st food bank
Rhyl Education Group				Co-ordinated by Father Charles, campaigning for the siting of a new north Denbighshire school to be in Rhyl.
English language Group				